



14
Day
Meal Plan

PALEO DIET MADE EASY

A Complete Step-by-Step Guide

FIT PLUS

50

recipes for
breakfast,
appetizers
lunch, dinner,
and
great desserts



Exercising
with
the diet



Paleo Diet Made Easy A Step-by-Step Guide

Fit Plus

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Introduction

The Paleo Diet is one of the best diet plans that you will be able to find on the market. Rather than spending all your time counting calories and watching all of the foods in your diet, you can actually enjoy the foods that you are eating. The basic idea of this diet is that you must eat the foods that were available to human ancestors in the Paleolithic era. This means you get to eat lots of meats, fruits, and vegetables while avoiding sugars, salt, and grains. This diet book is meant to help you to find out how great this diet plan is and all of the information that you need to get started. You will find out more about this diet, what foods are allowed, how exercise can help with your weight loss and even two weeks of menu ideas to help you get started. The best part is the last chapter; it provides you with 50 recipes for any time of the day to make switching to this diet easy as can be. So take a look through this book and get started right away.

Chapter 1: What is the Paleo Diet?

If you are looking for a diet plan that will work for you, especially if all of the other ones have failed, it is critical for you to take a look at the new Paleo Diet. This diet has recently been gained in popularity, even though the roots of this diet start millions of years ago. The Paleo Diet, also known as the Stone Age diet, consists of meal plans that ancient civilizations consumed, such as wild plants and animals. There were no agricultural methods back during this time along with no sugar, dairy, or other processed foods. This means that if you wish to follow the Paleo Diet, you will need to eliminate these food sources from your diet immediately and only eat things that can be found naturally in the wild.

The Paleo Diet has gained widespread popularity since the 1970s for many reasons. Many people believe that this diet is the answer to weight loss and great health, which many other diet plans, have failed to do. The Paleo Diet is thought to help free human kind from common diseases such as cancer and heart disease. There have even been several studies conducted on the Paleo diet that shows that those who decide to follow this Paleo Diet will see a decrease in many common health problems, even more so than other popular diet plans. These studies show what many people believe about the Paleo Diet that ditching the American Diet and choosing the healthier Paleo Diet lifestyle is much healthier for the human body by reducing many common health problems. The thought is that these diseases were less common back in the paleolithic era because ancient civilizations were eating foods that were more attuned to their natural body rhythms instead of the processed and sugar foods that have become widespread today.

While there has been a rise in supporters of the Paleo Diet in recent years, it is important to recognize that many people are still against the Paleo Diet. Dietitians and anthropologists have referred to this diet as only a fad. They believe that those who follow this diet are not receiving the health benefits that are promised and it might even cause adverse effects in your health. There are many other things that ancient civilizations did in order to live healthier lives such as eating fewer calories, being more active and living shorter lifespans. None these have anything to do with the types of food they consumed.

Being Healthy on the Paleo Diet

The Paleo diet can do many great things for you because it assists you in doing two things that are good for your body. The first is that it helps you to remove every food in your diet that is hard on your health and can make you sick. Some of these foods include salts, bad carbohydrates, and sugars. While you are eliminating all of these bad foods from your body, you are working increasing the amount of important vitamins, minerals, and antioxidants that your body needs to stay healthy.

Even though this diet has been around since 1970, still quite a few people have never heard of it before. This might be because you can choose from hundreds of dieting plans for your needs and the Paleo Diet might get lost in all of the noise. Many people might start to wonder why this diet plan is so amazing and why they should waste their time trying it out. One thing that the Paleo Diet has going for it is that it does not follow the typical diet plan of counting calories and reducing fat; instead, you will get the chance to try something new, which might be nice after having troubles with your old diet. The best advice for this diet is just to try it out. You might be surprised by how well it works.

There have been some promising results in terms of testing on the Paleo Diet so far. There have been tests done between the Paleo Diet and the Mediterranean Diet to see which one works the best with Type 2 diabetes. While the Mediterranean Diet was successful at lowering and improving some symptoms of this diabetes, just as it claimed to do, those on the Paleo Diet saw a reversal in some signs of Type 2 diabetes. These results have yet to be shown in other diet plans.

There are also cardiovascular health benefits of being on the Paleo Diet. The Paleo Diet effectively forces you to eliminate the consumption of sugars and fats in order to help reduce the risks of heart attacks. This research is based on the fact that ancient civilizations suffered far fewer heart attacks and strokes in their lifetime and therefore, their dieting habits are much healthier than those found in the American diet are.

The Paleo Diet can also assist you with any immunity problems that you are having. It is important to have a healthy immunity in order to fight off infections and to help you to stay healthy. Many immunity issues can occur due to intestinal wall damage caused by the foods that are commonly found in the American Diet. By following the Paleo you may be able to solve many of these immunity issues. While some people believe in the immunity benefits of the Paleo Diet, it is difficult to find evidence that supports these claims so it is important to discuss any dietary changes with your doctor when dealing with an autoimmunity issue.

One reason that so many people are interested in the Paleo Diet is that they are able to go back and enjoy the foods that were originally available to humans. The diet of humans has strayed so much in recent years due to sugars and processed foods getting into your diet. Instead of letting these foods into your body and ruining your health, the Paleo Diet brings your diet,

and body, back to its natural state by cutting out all consumption of these bad foods. Since the Paleo Diet is based off an eating style that was around before agriculture, you will need to concentrate on finding foods that are easy to gather and hunt. Following these simple guidelines will ensure that you are eliminating the processed foods and sugars from your diet and starting to consume much healthier options.

Who Can Paleo Diet Benefit?

There are no limits to who can benefit from following the Paleo Diet. As long as you are able to keep on the guidelines set by the Paleo Diet, you can benefit from the Paleo Diet. Several groups of people would greatly benefit from the Paleo Diet. These include those who are trying for weight loss, those working on their cholesterol, and those who are having complications with diabetes and heart disease. Since this diet allows you to eat only the foods available during the early paleolithic era it can be healthy for you. You will eliminate the foods that are bad for your body and only eat the foods that your body needs. You will be allowed to eat great foods such as berries, fruits, vegetables, fish, eggs, roots, and other meats. Any food that comes naturally out of the ground without agriculture, and any food you can hunt are allowed while on this diet plan.

The foods that are allowed on the Paleo Diet are much healthier for you and can do wonders for your health. People have gotten so far away from foods that are good for their bodies, choosing instead to eat processed foods and sugar that have no nutritional value and only harm the body. The Paleo Diet can assist you in making much healthier choices in the food that you consume in order to make your body healthier.

The Paleo Diet follows a basic idea that can be easy to understand and implement into your daily routine. This diet believes that your body was evolutionarily designed to eat certain foods and that any variations on the foods you eat will mess with your genetics and be harmful to your health. This is used to explain why many health problems have become more prevalent in the last couple of generations. This diet will discuss that the only foods that you should consume while on this diet are ones that cannot be made in a factory and will instead be found in the earth. Eating these types of foods is important because they were the only options back in the paleolithic era. You should only drink and eat the foods that were found during the paleolithic era since your body is supposedly more capable of processing these simpler foods than the processed foods found in modern society.

One of the best parts of the Paleo Diet is that it works with your body to stay healthy and work properly. It even helps you to get enough fiber into your diet to assist you in reducing your constipation, lower your risk of heart diseases, reduce diabetes, and lower cholesterol levels. The fiber found in the Paleo Diet can also be used to assist in losing weight because it helps you to feel full longer after you eat.

The Paleo Diet is also one that can help you to lose weight because it has low carbohydrate requirements. Most diets require you to eat high carbohydrates, low calorie, and low fat in your diet. The Paleo Diet follows a few other requirements than traditional diet plans because it asks you to eat fewer carbohydrates in order to stay on track.

If you are suffering from celiac disease, the Paleo Diet might be the perfect diet to assist you. This diet is naturally gluten free since it does not allow you to eat any wheat or grains, which are the major sources of gluten. Many people believe that these gluten allergies are

completely based in the genetics and they will follow this diet because they feel that many allergens are caused from both wheat and dairy products and neither of those products are allowed. These people feel that this diet can assist you in avoiding allergens that have become common through the unhealthy Western Diet.

There might be some grains of truth in the thoughts associated with the Paleo Diet. The dawn of the processed food and sugar diets have only come into effect in the last few years. There were millions of years of only eating what the earth could provide for humans. Many ancient civilizations were dependent of eating only what they could hunt or gather. Once the agricultural revolution began, they were able to add a few more foods to their diets, but only as much as they were able to farm. This was the way of civilizations for many of years, and no one would have thought about buying food in bulk at a grocery store or going out for ice cream after school. This shift in eating habits has led many to believe that the rise of common diseases can be prevented, if only people choose to change their diets backwards. The idea of preventing many common diseases just through your diet plan is appealing to many people who have chosen to start the Paleo Diet.

Chapter 2: Eating on the Paleo Diet

Foods to Eat

Before starting out on the Paleo Diet, it is important to know what you are able to eat in order to properly maintain this diet plan and see all of the great benefits that it has to offer. Being one of the more restrictive diet plans that are available, it can be difficult to know just what is expected of you on this diet plan. While all diet plans will tell you to restrict or eliminate the amounts of sugars and processed foods that you consume while following them, the Paleo Diet takes it a step further. It asks you to get rid of not only those two categories of food that are bad for you, but also asks you to cut out all grains, wheat, and dairy products. Since the time period that this diet is based on happened before the agricultural revolution, it was not possible for ancient civilizations to enjoy these types of food.

Types of Meats Allowed

The food source that you will be consuming the majority of your calories from is meats. It is important to realize that you should not run out and eat huge hamburgers from the local restaurant each day and expect to be following the Paleo Diet. Instead you will need to choose meats that are lean and must be healthier for you. Think about it, ancient civilizations were not able to go through the drive-thru to pick up their next meal, they were stuck getting the food sources that they could capture and kill. So it makes sense that you will not be following this diet plan if you are eating the greasy and fatty meats that are found in the fast food restaurants. You will want the majority of your calories to come from eating lean meats throughout the day.

Some of the examples of lean meats that you are able to consume while on this diet plan include lean beef, eggs, lean pork, fatty meats, and some poultry. There are a wide variety of lean beef and lean pork that you can enjoy on this diet, most of your favorites from the local butcher will fit into this category. If you choose to consume some fatty meats, you should make sure to limit them a little because they are not as healthy as eating some of the leaner meats that are available.

There are also some options of lean meats that you can enjoy that are not included in your everyday thought of meat. This might include bear, goat, wild boar, goose, alligator, pheasant, and rabbit. Since you are able to go out and capture and kill these animals, they can be included as some of your meat sources, whether you are the one to catch them or not.

Another great way that you can get the protein that you need while following this diet plan is by eating a lot of shellfish and other seafood. These provide you with awesome sources of lean meats full of vitamins and nutrients that are not found through other foods. There are a wide variety of seafood that you can enjoy while on this diet plan including bass, cod, shark, crab, scallops, and so much more. If you love to eat seafood, then this is the diet plan for you to try out.

Types of Fruits and Vegetables Allowed

This diet plan encourages you to eat an abundance of vegetables and fruits while following it. In fact, any calories that you do not get from all of the lean protein that you are consuming should come from vegetables and fruits. These two groups of produce are full of the vitamins and minerals that you need in order to stay healthy and strong without wasting up a ton of your calorie count. This means it is easy to enjoy these great sources of produce without worrying about all of extra calories.

Pretty much any vegetables and fruits are allowed while following this diet plan. There are a couple of exceptions to this rule, such as yams, sweet potatoes, and potatoes, but otherwise you can enjoy many of the great produce that the world has to offer. The only reason that those particular vegetables are not allowed on the Paleo Diet is because they are more starchy and were not really discovered and consumed until the dawn of the agricultural revolution.

There is a wide variety of fruits that you are able to consume while following this diet plan. Some of these options include apples, lemons, apricots, watermelon, melons, grapes, papaya, peaches, and many more. You will need to keep in mind how important it is to mix up the types and amounts of fruits that you consume each day. While you might have some of your favorite fruits that you love to enjoy, it is critical that you eat a large variety in order to get all of the vitamins and nutrients that your body needs. Eating just a few types of fruits will leave your body lacking in the nutrients that it needs.

You should not forget to eat plenty of vegetables in addition to all of the great fruits that you are consuming. You will need to eat the right amounts and types of vegetables to ensure that you are getting all of the nutrients that you need that do not come from the fruits. There are so many options for adding vegetables into your diet. You can eat them as a side and even as a snack. You can make the decision for when to eat your vegetables, just make sure that you eat plenty of them and include a large variety into your diet to get all of the great vitamins and nutrients that your body needs.

Other Options Allowed

There are a few other options that are allowed while following the Paleo Diet. These will include a large variety of nuts and berries. These two products are easily found in nature and are therefore very good to enjoy while following this diet plan.

You will need to remember to limit down how many of the nuts that you are enjoying while following this diet plan. There are a lot of great nutrients that you can get out of eating the nuts and the health benefits are important. But on the other hand, nuts have a high amount of bad fat content and they are extremely high in calories so it is important to remember to only eat them sparingly. A handful at most each day will provide you with all of the nutrition from this food source without having you eat too much.

There are tons of nuts that are allowed on the Paleo Diet including pecans, cashews, walnuts,

almonds, and so much more. If you are looking to get some of your nutrients for this source, it is important, just like with the vegetables and fruits, to eat a large variety of nuts. Make sure to get some mixed nuts, unsalted, in order to get the full benefits from this source of food.

You will also need to make sure to eat plenty of berries. This food source has plenty of antioxidants along with many other nutrients important in keeping your body strong and helping it to perform the functions needed in everyday life. There are tons of berries that you can enjoy including strawberries, cherries, cranberries, blueberries, blackberries, and raspberries. You can mix these up with some of the other fruit or eat them by themselves and receive plenty of the great nutrients that your body needs.

Foods to Avoid

There are a few differences between the foods that are not allowed while on the Paleo Diet and the ones that are not allowed on other diet plans. For starts, the Paleo Diet does not allow you to eat any grains, alcohol, dairy, wheat, or legumes in addition to not allowed the processed foods or sugar items. Since there were no possibilities of obtaining these foods back during ancient civilizations, it is not possible for you to enjoy them while following this diet plan. While some of them might be considered healthy in other diet plans, they were not available to your ancient ancestors and therefor they should not be available for you to enjoy. Others are just bad for your body and should never be consumed if possible. Following is some more information on the types of foods that you should stay away from while on the Paleo Diet.

Cooking Oils

The first type of food that you should stay away from when following the Paleo Diet is most cooking oils. Not only were these cooking oils not available during the paleolithic era, they are also really unhealthy for you. They might add a ton of flavor to your foods, but they do not add any nutritional value to what you are eating. Some people find that it is difficult to give up the oils all at once, especially for their cooking needs. If you decide that you wish to continue the use of oils in your cooking, that is fine as long as you limit the amounts as much as possible and choose healthier oil options. Some great options that you can choose includes flaxseed oil and olive oil.

Sugary Beverages

There are only a few select beverages that should be enjoyed while on the Paleo Diet. Most versions of this diet will only allow you to consume water, but there are a few varieties that allow for the consumption of tea. If you choose to incorporate tea into your diet, it is important to realize that you will not be allowed to add in any sugar or sweeteners to that drink. The water and tea that you drink are critical to helping your body get the nutrient that it needs to survive. Sodas, juices, energy drinks, and coffee are not needed in order to survive and in fact they can just add on extra calories that you just do not need. They are full of things that are toxic to your body. While it is fine to enjoy an occasional caffeine or soda beverage, it is best to stay away from them as much as possible in order to properly maintain the Paleo Diet.

The Paleo Diet does not recommend that you drink any soft drinks or caffeinated beverages, nor does it encourage sweets. These drinks are horrible on your health, make you feel lethargic, and keep you from being as healthy as you should. Yes, it is fine to have a skip day on an occasion. In fact, having this skip day can help you to be less likely to cheat on your diet and will keep you from splurging when you are allowed to have something extra. It is important to remember to limit yourself, even on your cheat day, in order to properly follow the Paleo Diet and keep your body healthy.

Dairy Products

Dairy products are one of the foods that are to be avoided while following the Paleo Diet. This is something that is unusual for most diet plans because many of them tout the great health and physical benefits that calcium can give to your body. While it is possible to modify the diet up a little bit to include milk, if you want to follow a complete Paleo Diet, you will have to steer clear of it as much as possible. This is simply because the option for consuming milk was not available to your ancient ancestors and so that means it is not available to you.

It is possible to get the calcium that you need from other sources of food. This nutrient can be found in abundance in many of the leafy greens that you should be enjoying while following this diet plan. If you find that it is difficult to get all of the calcium that you need or you are worried that you are not getting enough of it, there is always the option to add in a multivitamin to ensure that you are getting all of the nutrients that you need.

Following the Paleo Diet means that you will need to give up all sorts of dairy products. These include butter, creamer, yogurt, milk, cheese, and ice cream.

Any Type of Grain

While following the Paleo Diet, it is important to realize that you will also not be able to enjoy any types of grains and wheat. Most people do not realize all of the things that they will have to give up in this category. They think that this simply means that they will have to give up the bread that goes around their sandwiches and that is about it. Unfortunately, there are many other things that you will have to give up under this category so it is important to fully understand what all is required under this category before going into and deciding to follow the Paleo Diet.

Since the Paleo Diet is based off the system of foods that were consumed, along with how they were consumed, back before the dawn of the agricultural revolution, there are many foods that will have to be given up in order to fully follow this diet plan. Your ancient ancestors would not have had the access to grains and wheat during their time because they did not yet understand how to plant and harvest the plant in order to eat it.

There are some researchers who believe that gluten allergies have developed because humans are not genetically predisposed to consuming the grains and wheat that are prevalent in society today. The fact that many people eat the grains that their bodies are not ready for is the main reason for many allergies along with other health problems in the western world.

You will need to realize that there are a ton of grains and grain products that you will have to avoid while on this diet plan. The types of grains that you must avoid include rye, rice, corn, millet, oats, and barley among many others. Some of your favorite meals that you will need to

give up while following the Paleo Diet include rolls, pasta, waffles, bread, pizza, muffins, and noodles.

Beans and Legumes

Legumes and all sorts of beans will need to be avoided when following the Paleo Diet. These were another source of food that were not around during the paleolithic era and are not allowed in the diet because of this fact. The legumes that you must avoid while following this diet plan include soybeans, lentils, peas, and all other beans that you can think of. You will even need to avoid eating peanut butter while on this diet plan. While there are plenty of vegetables that are amazing for you and are encouraged while following this diet plan, there are a few of them that you must avoid to accurately follow this diet plan. These vegetables will include potatoes, yams, and sweet potatoes.

There are many things that will need to be avoided when choosing the Paleo Diet. Some of them will include things that are avoided on other diets, such as sugar and other processed foods. On the other hand, some of the foods that are avoided are strictly foods that are avoided on the Paleo Diet. It will be extremely difficult to go from the typical American diet to following the Paleo Diet, especially if you are looking to do it in its true form. It will take some time and a ton of effort in order to be successful.

If you want to be really successful with this diet, you will have to change your whole mindset and realize that it does not come easy. If you are worried about all of the hard work and you are not sure if you will be able to do it without failing, make some modifications to the guidelines listed above.

Chapter 3: Importance of Exercising with the Paleo Diet

There are many things that exercise can help you with. A simple walk after supper or using the stairs compared to your usual commute in the elevator can help you feel and look a million times better. The great part is that you can choose for yourself the type of activity that you want to do. You are not stuck behind a treadmill walking the same path every day, unless that is something that you want to do. You can get together with people that you know and get trained for marathon running, join a dance class, or do something else fun and exciting that everyone wants to do. The only thing that you need to think about when picking out an exercise is finding something that you can get up and do without sitting on the couch and watching television all day.

Before starting a rigorous exercise program, you should take the time to discuss your options with a doctor or a nutritionist. This is especially true if you have decided to start on the Paleo Diet. Since you are cutting out many important nutrients and adding in more than your body is used to on this diet plan, it is good to discuss it with your doctor to ensure everything is safe and healthy.

Exercise Addition into Routine

Once you have decided to live a healthier life, you will need to determine how you will incorporate it into your daily life. Some people love to head to the gym during the day in order to get in a good workout and to feel a lot better about themselves. This is a great option if you have the time and motivation to do this all of the time. The truth is that many people are too tired and worn out at the end of the day or they just do not have the time with all of their other obligations in order to head to the gym for an hour or more each day. Luckily, there are plenty of other ways to incorporate physical activity into your day without having to worry if you miss a few days at the gym.

One of the things that you can do in order to incorporate physical activity into your routine is to take the stairs at any time that you can. This exercise is great for all parts of your legs and will get your heart pumping much more than is possible by sitting inside an elevator to get to your office. The best part is, the higher the floor to your office, the more exercise you will be getting. If you have just started to incorporate exercise into your routine or your office is really high up, there is the option of taking the elevator up half the way and then take the stairs for the rest. Start the trip with the stairs first, it is really easy to get tempted to stay on the elevator once you are already on.

It is also easy to add in some more walking each day. Instead of faxing a sheet to a coworker or someone who is located in a building nearby, you could choose to get up and walk it over. You have to admit that there is often downtime at your job, no matter how busy the business is, so getting up and doing some laps around the office floor and saying hi to your coworkers is a great way to take a break and get up and moving. You can even get some fresh air by offering to run and get some lunch for yourself and your coworkers. This option gives you

the opportunity to get outside, move around a little, and even some more time with the stairs.

There are so many options that you can choose in order to incorporate more walking into your day. You can park your car a few extra blocks away from work or in the furthest stall at the grocery store in order to get some steps in. You can take an extra walk around the block in the morning and in the evening in order to get more fresh air and exercise. You can even take the time to stand in front of the television and walk in place while seeing your favorite show. None of these require any extra gym memberships or equipment and they are so easy to do.

Some other things that you can do include mini workout sessions during the commercials of your favorite television shows, doing household chores to keep busy, going to the gym, splitting your workouts into smaller portions to fit your schedule, choosing to follow some exercise videos or YouTube videos at home, and so much more. There are so many ways to incorporate more exercise into your day that it is easy to find the one that will work the best for you and help you to feel and look better.

Routine Exercise Requirements

The next question that people may have about starting an exercise program is how much exercise they need to do. With so many different exercise programs that you are able to choose from in order to get the activity that you need to do that you are sure to have already chosen the one that works for you. The next activity, the one of choosing for how long you will need to work out and how many times a week you will work out can sometimes be a little more difficult.

It is recommended that in order to realize the full benefits of the exercise program that you are choosing you should get at least 2 ½ hours of aerobic exercise each week. Luckily, you do not have to go to the gym and do this all in one sitting, in fact, that is actually against what they are saying. If you feel really strong and want to do some extra exercise each day, that is fine, but it is not a good idea to go to the gym and do all of your exercise just one day a week. These recommendations are if you are just trying to maintain your current weight. If you are looking to lose some weight you will need to do more like 60 minutes a day most days of the week compared to 30 minutes for the same amount of time.

Some people might not have any time to go to the gym on certain days of the week because of other obligations. If you are one of these people, it is still important to get up and get the activity that your body needs so much. What is even better is that you are easily able to still fit in the activity that you need. All you need is a couple of small increments of working out scattered throughout your day. Do you have a few minutes while waiting for breakfast to cook? Maybe you have some downtime before a meeting or you are at home sitting in front of the television and not doing anything all that productive. These are all great times to add in some exercise to your routine.

When deciding to split up the exercise into smaller sections, there are a few things to keep in

mind. You will need to keep going for the whole time period that you have set aside. Whether you are doing some strength training during the time, going on a walk around the block, or something else, you should just make sure that you keep going the whole time. On top of that, these sessions should be at least 10 minutes at a time and no shorter. You can make them a little longer if it fits your schedule better, but they should not be shorter than 10 minutes if you want to see the results.

Aerobic exercise is very important and should be included in any exercise routine. It can help to get the blood flowing and at the same time it will make both the lungs and the muscles stronger. Even with doing a ton of aerobic exercises, you will need to try and find time to do some strength training in your routine as well. This will keep your muscles strong and can even help to prevent common aches and pains that you might be feeling throughout the day. You should make sure to do all sorts of strength training activities that concentrate on every part of your body including arms, abs, chest, hips, legs, and even your back. Make sure to do these strength training exercises at least 2 to 3 times a week.

You will need to work hard to find the right balance of exercises that works well for your body and will meet all of your interests. You will need to find the balance between doing the aerobic exercises that are great for your lungs and heart and doing the strength training that is so good for your muscles. With all of the exercises that are available in both types that you should be able to find something that will meet all of your needs and your interests.

If you are looking to start an exercise program to see improvements in your life and in your overall health, you will need to learn how to make exercise a habit in your everyday. Once something becomes a habit for you, it is easy to make sure that you are able to put it into your routine. This is the best way to make sure that you are doing the exercise that your body needs every day.

Paleo Diet Exercise Requirements

The Paleo Diet does not have a prescribed exercise program that they recommend to their followers. Those who follow the Paleo Diet are recommended to do the exercises that are recommended to others for a healthy life. This means that any type of aerobic exercise and strength training program will work out great with the Paleo Diet.

If you are looking to do exercise that fits in great with the paleolithic era, there are a few things that you can consider, and none of them require you to purchase heavy equipment or even a gym membership. Instead, you will rely on the weight of your body and how well your muscles can work. This is similar to what your ancient civilizations were able to follow because they would only be able to rely on the body and muscles that they had to get some workout but they did not have equipment or gyms in those times to do it.

Some other things that you can do is find exercises that include your own natural movements. Examples of doing this include climbing trees, going to the park, doing pushups, and even

going on a hike. These are all great exercises that you can do no matter what kind of diet plan you have chosen. The best part is that they are all free to do and all they require is a little imagination and a nice day outside. They are also much better than going to the gym and being stuck in a little building, vying for the equipment that you want and worrying about how you look compared to the overly skinny or buff people there at the same time as you.

You probably already know how great aerobic exercise is for your body and keeping you in good health. You must also remember to do some strength training exercises too in order to keep your muscles strong. Luckily, many of the natural movement exercises that you can do while on the Paleo Diet will make it easy to get a little of both into your routine. You cannot experience great mental and physical healthy without finding a workout plan that allows you to work out every part of your body.

Another thing that you should keep in mind is that your body will need to have some rest in between intense workout periods. If you spend an hour lifting heavy weights or run 5 miles in one day, your body will be tired and needs a little break. This does not mean that you should give up on certain days of the week and not do any form of working out on your rest days. This is when it comes in handy to switch back and forth between having days for aerobic exercise and also having days for strength training exercises. You are then able to let certain muscles rest while still getting in the exercise that you need.

You should never take a complete day off from working out. Your body needs to be up and moving on most, if not all, days of the week. If you are feeling really sore after an intense exercise from the day before, it is perfectly fine to take the day easy and just go for a simple walk. You do not have to go hard on each day of the week, but your body will still need the exercise and it is also a great way to ensure that your muscles are stretching out and not getting too tight on the days off.

Chapter 4: Sample Menu Plan

There are so many great meals that you will be able to enjoy on this diet plan. Here are two weeks of sample menus that go with the Paleo Diet that can make everything easier when you get started.

Week 1 Meal Plan

Sunday

Breakfast: Pumpkin Muffins

Lunch: any leftovers or a salad

Dinner, Coconut shrimp with a salad of basil spinach

Snack: handful of nuts and dried fruit

Monday

Breakfast: Applesauce and Ham

Lunch: Chef's Salad

Dinner: Chicken mixed with tomatoes and olives

Snack: Fruit and jerky

Tuesday

Breakfast: Leftover muffins

Lunch: leftovers of chicken with tomatoes and olives

Dinner: Turkey Burgers with some greens

Snack: nuts and eggs, hard boiled

Wednesday

Breakfast: salsa and eggs

Lunch: leftover turkey burgers

Dinner: pork loin cooked in the crock pot

Snack: handful of nuts and some jerky

Thursday

Breakfast: Smoothie

Lunch: leftover pork loin

Dinner: Pepper Steak

Snack: veggies and jerky

Friday

Breakfast: sausage omelet and roasted peppers

Lunch: leftover steak

Dinner: chicken with a cashew sauté

Snack: fruit salad

Saturday

Breakfast: sweet potatoes with bacon

Lunch: leftovers

Dinner: Meat loaf and a salad with cabbage and pineapple

Snack: jerky and fruit

Week 2 Menu Plan

Sunday

Breakfast: Mixed Paleo cereal mixed with berries and nuts and topped with coconut milk

Lunch: Egg salad rolled up in lettuce tortillas

Dinner: Roast beef with roasted veggies

Snack: Plantain chips topped with Baba Ghanoush

Monday

Breakfast: Leftover slices of roast beef topped with pesto (you can choose to eat cold or to warm up.

Lunch: Cabbage and beef stew

Dinner: Pork tenderloin topped with Dijon mustard and a side of coleslaw

Snack: coconut ice cream

Tuesday

Breakfast: Pork sausage with a side of grapefruit

Lunch: Bell peppers stuffed with ground beef

Dinner: Duck confit with carrot confit

Snack: 1 salmon can with some lemon juice and olive oil

Wednesday

Breakfast: eggs prepared sunny side up with some salsa

Lunch: Coconut curry stir fry

Dinner: Paleo Shepherd's pie (use mashed cauliflower rather than potatoes)

Snack: Smoked salmon

Thursday

Breakfast: Fried up ground beef with some carrots and salsa

Lunch: Tomato, hard boiled eggs, and bacon salad topped with mayo

Dinner: Polish Stew

Snack: Spicy Pumpkin seeds

Friday

Breakfast: Asparagus and ham omelet

Lunch: Mussels served in a garlic and white wine

Dinner: Lemon, garlic, and olive chicken with a dessert of pears in a red wine

Snack: Celery sticks topped with liver pate

Saturday

Breakfast: Beef liver prepared with steamed broccoli and some salsa verde

Lunch: Fried pork chops and spinach

Dinner: Pumpkin Chili

Snack: Olives and Sauerkraut

Chapter 5: Delicious Recipes to Make the Paleo Diet Easy

Great Breakfast Recipes



Chocolate Chip Banana Muffins

Ingredients:

3 mashed bananas, brown
1/3 c. syrup
1 tsp. vanilla
1/2 c. almond butter
3 eggs
1/4 c. coconut flour
1/2 tsp. baking soda
1 tsp. coffee grounds, instant
1/2 tsp. baking powder
Salt
1 tsp. cinnamon
Powdered sugar
1/2 c. paleo chocolate chips

Directions:

Turn on the oven and let it heat to 350 degrees. Take out a muffin pan and grease it with some oil.

In a bowl you can mix together the almond butter, eggs, vanilla, syrup, and bananas. Once those are combined you can mix the salt, cinnamon, baking powder, baking soda, instant coffee, and coconut flour in as well. Gently fold the chocolate chips in.

Pour this mixture into the prepared muffin pan and then place in the oven. Let it bake for 25 minutes. When done cooking you can allow the muffins to cool for a few minutes. Garnish with some powdered sugar before serving.

Pulled Pork Frittata

Ingredients:

1 lb. pork loin
2 tsp. salt
1 c. chicken or beef broth
1 tsp. garlic powder
1 sliced yellow onion
3 Tbsp. butter
1 diced red bell pepper
2 Tbsp. coconut milk
8 whisked eggs
Salt
Pepper

Directions:

Bring out a crockpot and place the pork inside. Cover with the garlic powder, salt, and chicken broth. Allow this to cook in the crockpot for about 8 hours on a low setting.

The next morning, take the pork and shred it with two forks. Turn on the oven to warm up to 325 degrees.

Take out our skillet and heat it up. Place the onion and 2 tablespoons of butter on the skillet and let them cook so the onion can caramelize, which will take about 10 minutes. Remove at this time and set to the side.

Using the same skillet, add the rest of the butter with the red bell pepper. Cook so peppers become soft and then add in 2 cups of the pork to the pan and the onions. Mix this all together.

Take the eggs and whisk them together with the heavy cream. Pour this over the mixture in the skillet. Sprinkle some pepper and salt over it all. Place the skillet into the oven to bake for 30 minutes or until set.

When done, allow the frittata to cool for 5 minutes before serving.

Breakfast Casserole

Ingredients:

2 Tbsp. melted butter
½ tsp. salt
1 diced sweet potato
1 ½ lb. breakfast sausage
2 c. spinach, chopped

½ diced yellow onion
10 whisked eggs
½ tsp. garlic powder
½ tsp. salt

Directions:

Begin this recipe with turning the oven to preheat to 400 degrees. Grease the baking dish you plan to use.

After dicing the sweet potatoes, toss them in with the fat and then sprinkle on some salt. Place onto a baking sheet and into the oven. Bake for 25 minutes to make the potatoes soft.

While the sweet potatoes bake, bring out a saute pan and let it heat up. Add in the yellow onion with the breakfast sausage and cook so that the meat no longer has any pink.

Place the prepared meat into the baking dish and add the spinach and the sweet potatoes. Add in the whisked eggs, garlic powder, and salt and mix so it all combines.

Put the whole meal into the oven and bake for 20 minutes so the eggs can set. Serve this warm.



Pumpkin Waffles

Ingredients:

2 mashed bananas
5 eggs
½ c. pumpkin puree
½ c. almond butter
½ c. coconut flour
¼ c. melted coconut
2 Tbsp. spice, pumpkin pie
1 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla

Maple syrup
Salt

Directions:

Bring out the waffle iron and heat it up while you work on the rest of the recipe.

Using your blender or food processor, combine the coconut oil, almond butter, eggs, pumpkin puree, and bananas inside. Mix until the ingredients are all combined. Once this is smooth you can place the salt, vanilla, baking powder, baking soda, pumpkin pie spice, and coconut flour into the machine and blend some more.

Use a little coconut oil to grease the waffle iron. Fill the waffle iron with a little bit of batter, making sure to leave a border. Cook for a few minutes or how long is required for your machine. Set the finished waffle to the side and keep it warm while you finish. Serve with some maple syrup and enjoy.

Cherry Chocolate Muffins

Ingredients:

½ c. coconut flour
½ c. coconut sugar
½ c. tapioca flour
½ c. cocoa powder, unsweetened
½ tsp. baking soda
3 whisked eggs
½ tsp. baking powder
1 c. applesauce
1 tsp. vanilla
½ c. coconut oil, melted
2/3 c. sliced cherries
½ c. chocolate chips

Directions

Turn on the oven to heat to 350 degrees.

While the oven is heating up you can mix the baking powder, baking soda, cocoa powder, coconut sugar, tapioca flour, and coconut flour together.

In another bowl, whisk together the vanilla, coconut oil, applesauce, and eggs. Add the dry ingredients in with the wet ingredients, mixing them together to combine.

Fold the cherries and the chocolate chips into the mixture.

Using an ice cream scoop, place this dough into a greased muffin tin. Should make 11 to 12 muffins.

Place muffin tin into the oven and bake for 30 minutes. Allow to cool for a few minutes before serving.



Strawberry Banana Shake

Ingredients:

1 frozen banana
2/3 c. almond milk
½ c. frozen strawberries
½ c. orange juice
½ tsp. vanilla
1 scoop protein powder, vanilla
½ Tbsp. chia seeds, ground

Directions:

Bring out a blender and place all of the ingredients inside. Place the lid on top before blending until creamy and smooth. Serve right away.



Egg and Sausage Cups

Ingredients:

2 chopped and cooked chicken sausage
1 chopped red bell pepper
¼ chopped yellow onion
8 whisked eggs
2 minced garlic cloves
1/8 tsp. red pepper flakes
¼ tsp. garlic powder
Avocado
Pepper
Salt

Directions:

Turn on the oven to warm up to 325 degrees. While the oven is preheating you can put the sausage on a skillet and cook until done.

Bring out a big bowl and add the pepper, salt, red pepper flakes, garlic powder, garlic cloves, eggs, yellow onion, red bell pepper, and sausage. Whisk to combine.

Using a ladle, pour this mixture into 10 muffin tins. Place into the oven and let bake for about 40 minutes to cook all the way through.

Garnish with the avocado and then enjoy.



Carrot Cake Breakfast Cookies

Ingredients:

- 2 shredded carrots
- 1 c. melted coconut oil
- 1 c. coconut sugar
- 2 whisked eggs
- 1 c. coconut flour
- 1 tsp. vanilla
- ½ c. tapioca flour
- Salt
- ½ tsp. spice, pumpkin pie
- 1 c. chocolate chunks

Directions:

Turn on the oven to 350 degrees. While oven is heating up bring out a bowl and whisk together the vanilla, eggs, coconut oil, coconut sugar, and carrots.

When those are mixed, add the salt, pumpkin pie spice, tapioca flour, and coconut flour and mix to combine. Fold in the chocolate chunks last. The dough is going to be thick and dry.

Using an ice cream scoop, scoop this dough onto a baking sheet lined with parchment paper. Press the cookies down using your fingers. You should be able to get 12 cookies.

Bake the cookies for 35 minutes so they are completely down. Allow to cool for a few minutes before serving.



Pumpkin and Blueberry Bars

Ingredients:

Muffin Crust

1/3 c. pumpkin puree
1/4 c. melted coconut oil
1/3 c. syrup
3 whisked eggs
1/4 c. coconut flour
1 tsp. vanilla
1 Tbsp. spice, pumpkin pie
1/2 tsp. baking powder
Salt
1/2 tsp. baking soda

Toppings

2 c. blueberries
2 Tbsp. coconut butter
2 Tbsp. honey
1 tsp. lemon juice
Zest from half a lemon
2 Tbsp. coconut flour

Crumble

1/2 c. chopped mixed nuts
3 Tbsp. shredded coconut, unsweetened
Cinnamon
1 tsp. sesame seeds
Salt
1 Tbsp. honey

Directions:

Turn on the oven to 350 degrees. Mix the vanilla, eggs, coconut oil, syrup and pumpkin puree in a bowl.

Using another bowl, whisk the salt, baking powder, baking soda, powdered sugar, cloves, nutmeg, cinnamon and coconut flour. Pour the dry ingredients in with the wet ones and mix well.

Grease up a baking dish and then cover with parchment paper, leaving a little extra on the sides for easy removal of the bars later on.

Pour this batter on the baking dish and then spread it out to be even. Place this into the oven and allow to bake for 30 minutes.

While that is cooking you can work on the filling. Take out a pan and add the blueberries, lemon zest, lemon juice, coconut cream and honey. Mix together and allow to heat. When the blueberries start to burst, take off the heat and add in the coconut flour. Mix until well combined and then allow to set for 5 minutes to become thicker.

Once the crust is done baking, pour the blueberry filling over it.

Take out a bowl and mix together the salt, cinnamon, honey, sesame seeds, coconut and nuts. Add clumps of the nuts over the filling.

Put this back into the oven and allow to bake for about 15 minutes. Give the bars some time to cool before serving. Place in the fridge when not using.

Breakfast Stew

Ingredients:

- 2 chopped chicken sausages
- 1 ½ tsp. olive oil
- 4 chopped bacon pieces
- 1 sliced onion
- 1 can diced tomatoes
- ½ c. chicken stock
- 1 tsp. chili powder
- 1 garlic clove
- Salt
- Pepper
- ½ tsp. red pepper flake
- 2 tsp. vinegar
- 3 eggs

Directions:

Start with the stew. In a pot heat the garlic and the oil. Add the onions and saute these

ingredients until translucent. Add in the sausage and cook so the sausage can cook all the way.

Cook up the bacon either in the microwave or a pan so it becomes crispy. Pat it and then set to the side. Add the spices, chicken stock, tomato paste, and tomatoes to the pot and mix well. Reduce this to a simmer.

Now work on the poached egg. Heat up 3 cups of water and add a little vinegar. Crack one of the eggs inside a ramekin. Right before it starts to boil, swirl the water with a spoon.

Drop the egg inside the water. When done, spoon the egg out over the stew and then serve warm with some bacon on top.

Paleo Appetizers

Fried Plantain Bites

Ingredients:

2 plantains
6 Tbsp. coconut oil
30 leaves cilantro
1 c. pineapple chunks
¼ c. chopped red onion

Directions:

Take the plantains and peel before cutting into thin slices. Squish out each of them in order to flatten.

Bring out a pan and add a few tablespoons of oil to it. Turn on the stove and let the oil heat up. Add in the plantain slices. Cook for 2 minutes before flipping over and cook for an additional minutes. Depending on the size of the pan you can do a few batches. When done, take out of the pan and place on a paper towel.

When dried, place on a plate and top with a cilantro leaf, piece of pineapple, some onion, and an avocado. Serve right away.



Zucchini Pinwheels

Ingredients:

2 zucchini
1 bunch basil
1 lemon

2 pkg. applegate prosciutto
Toothpicks.

Directions:

Using a mandolin you should slice the zucchini lengthwise. Lay the prosciutto on a plate and then place half a slice of it along the zucchini length. Top with a few leaves of the basil.

Roll this mixture up and then secure using a toothpick. When done, squeeze some lemon juice on top to give a little more flavor.

Cover up and place into the fridge until needed.



Pear Bites

Ingredients:

4 slices bacon
Paprika
2 pears
Salt
Cinnamon

Directions:

Turn on the oven to 375 degrees. While the oven is warming up, cover a rimmed baking sheet using aluminum foil.

Take the bacon strips and cut into inch long pieces. Place onto the prepared baking sheet. Bake this for 15 minutes so the bacon can become crisp. With a spoon move the bacon over to some paper towels to drain.

Cut each of the pears into half inch slices and then inch pieces. Lay them out and sprinkle with a little salt, cinnamon, and paprika.

Top the pear with some bacon and then spear with a toothpick. Eat right away.



Bacon Meatballs

Ingredients:

Balls

1 ½ lb. ground beef
6 bacon slices, cut in one inch pieces
1 whisked egg
½ diced yellow onion
¼ c. almond flour
½ tsp. chili powder
1 tsp. cumin
Pepper
Salt

Dipping sauce

1 peeled and cut mango
2 Tbsp. mustard, old fashioned
2 Tbsp. yellow mustard
Salt
Chili powder

Directions:

Turn on the oven to 3350 degrees. Bring out a skillet and add the diced bacon. After a minute add in the onions and mix the ingredients together, stirring around to prevent burning. When the bacon is cooked, take both ingredients and put on a plate with paper towels to drain excess fat.

Now put the ground beef into a bowl and add the cooled onions and bacon as well as the seasonings, almond flour, and eggs. Use your hands to mix this together well. Roll into little balls and place on a cookie sheet lined with parchment paper.

Bake the meatballs for about 10 minutes or until cooked through.

While the meatballs are cooking, work on the sauce. Bring out a food processor and add the sliced mango. Puree until it is like a sauce. Add the honey, yellow mustard, and ground mustard and puree it all together.

Taste to see if it is how you like. Add the salt and spices and puree one time more.

When the meatballs are done, place the toothpicks inside and then serve.



Butternut Squash Chips

Ingredients:

½ peeled and deseeded butternut squash
½ c. coconut oil
1 tsp. salt

Directions:

Take the squash and slowly cut into slices that are only a centimeter thick. Heat up some coconut oil in a skillet to get very hot.

Add the slices of squash into the pan and let them fry. Make sure to turn the slices around once so that both sides can get browned. You may have to do this step in batches.

Take out of the pan and sprinkle with salt before serving.

Chicken Wings

Ingredients:

1 lb. chicken wings
1 tsp. cumin
1 tsp. garlic powder
1 tsp. coriander
1 tsp. cinnamon

1 tsp. paprika
½ tsp. red pepper, crushed
½ tsp. pepper
½ tsp. salt
2 Tbsp. coconut oil

Directions:

Turn on the oven to 350 degrees. Measure out all of the spices in a bowl. Melt half the coconut oil and then add into the spices to make a rub. Take the chicken and coat it with the spices.

Melt the rest of the oil in a skillet. When it is hot add in the prepared chicken wings and cook them for 2 minutes on both sides. Stir the mixture around and cook for another minute to finish.

Take the pan off the heat. Cover with some tin foil and place inside the oven to bake for 20 minutes. Enjoy the wings right away.

Crab Deviled Eggs

Ingredients:

12 peeled hard boiled eggs
2 Tbsp. chopped dill pickle
2/3 c. mayonnaise
¼ c. diced celery
¼ c. diced onions
1 Tbsp. old bay seasoning
1 c. crab meat
Salt
Pepper

Directions:

Cut the eggs up in half and then reserve the whites and the yolks. Using a fork, mash together the seasoning, onion, celery, pickle, mayonnaise, and the yolks to get them well blended. Add in the crab and season with pepper and salt as needed.

Spoon the crab mixture in with the egg whites. Arrange on a platter and serve right away.



Salmon Poppers

Ingredients:

1 head endive
½ minced red onion
4 o. smoked salmon
½ sliced avocado
Salt
Olive oil
Pepper

Directions:

To start wash and then separate the leaves of the endive. Put on a serving plate.

Top with the avocado, red onion and smoked salmon. Sprinkle with the black pepper, and salt and then drizzle with the olive oil before serving.

BLT Bites

Ingredients:

4 bacon slices
4 leaves lettuce
20 cherry tomatoes

Directions:

Cook the bacon on a skillet so it just begins to become crispy. Drain out on a towel and then allow to cool.

Cut off bad parts of the lettuce. Cut what is left into strips that are an inch wide.

When the bacon is cooled you can slice into long slices. Thread half of a cherry tomato on a

toothpick and then follow with a bacon square and then a folded piece of lettuce. Finish with another cherry tomato. Do this with rest of ingredients and then serve.

Paleo Lunches



Chicken Fajita Salad

Ingredients:

- 1 Tbsp. coconut oil
- ¾ lb. boneless chicken breasts
- ½ diced yellow onion
- ½ tsp. cumin
- 2 tsp. oregano
- ¼ tsp. salt
- 1 chopped bell pepper
- 2 diced tomatoes
- 2 tsp. oregano
- 1 head romaine lettuce
- 1 avocado

Directions:

Wash and then chop the tomatoes, bell pepper, and onion. Cut up the chicken into thin slices.

Bring out a skillet and heat it up. Add in the onions and the coconut oil. Let the onions saute until they are soft and become translucent.

At this time add in the salt, oregano, cumin, and chicken. When the chicken browns you should add in the peppers and continue cooking until it becomes tender.

While that is cooking take the lettuce and wash and shred it. Divide out among a few plates. Top the lettuce with the sliced avocado, tomatoes, and fajita mix. Serve warm.

Tuna Salad

Ingredients:

1 can tuna
½ c. diced artichoke hearts
½ c. chopped Kalamata olives, pitted
1 chopped red pepper
½ c. diced sun dried tomatoes
3 Tbsp. olive oil
Juice from 1 lemon
1 tsp. Dijon mustard
¼ c. chopped parsley
Lettuce leaves
2 Tbsp. mint leaves, chopped
Salt
Pepper

Directions:

Bring out a bowl and place the tuna inside. Use a fork to flake the fish to avoid large chunks. Add in the red peppers, sun dried tomatoes, olives, and artichoke hearts. Mix it together well and season with pepper and salt.

Bring out a container with a lid and place the chopped herbs, mustard, lemon juice, and olive oil. Add a little salt and shake to combine

Toss this with the tuna mixture and let chill for a few minutes so the flavors can mix well. Serve inside the lettuce leaves and enjoy.

Gazpacho Soup

Ingredients:

4 quartered ripe tomatoes
1 chopped onion
1 peeled and chopped cucumber
1 parsley sprig
1 peeled garlic clove
½ c. water, cold
Salt
Pepper
Juice of a lemon
Cayenne
4 ice cubes

Directions:

Take out your blender and blend together all of the ingredients. Make sure to blend so the vegetables become chopped but do not puree.

Place this into the fridge to chill a bit. Serve it cold.



Beef Stew

Ingredients:

- 2 Tbsp. coconut oil
- 1 lb. cubed beef meat
- 1 diced onion
- 6 oz. beef stock
- 1 minced garlic clove
- 2 diced carrots
- 2 cans tomatoes
- 1 tsp. oregano, dried
- 5 oz. red wine
- 1 tsp. basil, dried

Directions:

Bring out a soup pot and heat up some oil. When it is hot, add in the beef and let it brown on each side. Take out of the pot and set to the side.

Add $\frac{1}{4}$ cup of the stock and then scrape off the leftover brown bits into the bottom of the pot. Add the garlic and the onions. Let them cook for 5 minutes so the onions can soften.

Put the rest of the stock, the basil, oregano, red wine, tomatoes, carrots, and browned beef in the pot. Cover and allow to simmer on a low setting for an hour or until the beef is done. Serve warm.

Bison Chili

Ingredients:

1 Tbsp. coconut oil
3 diced celery stalks
½ diced yellow onion
2 sliced garlic cloves
1 ¾ lbs. ground bison
2 tsp. chili powder
2 tsp. cumin, ground
2 tsp. thyme
1 jar salsa
2 tsp. salt
1 can green chiles
1 can tomatoes, diced

Directions:

Using a bit soup pot, heat up the coconut oil until warm. When that is done add in the garlic, celery, and onions. Let these saute so the onions can become translucent, which will take around 4 minutes.

Add in the chili powder, thyme, cumin, and ground bison. Stir these occasionally while they cook for the next 6 minutes.

Pour the salt, green chiles, tomatoes, and salsa in at this time. Cover the pot and let it simmer for an hour before serving warm with your favorite toppings.

Spaghetti and Lamb Squash

Ingredients:

1 spaghetti squash
1 lb. ground lamb or bison
1/8 lb. ground liver
½ tsp. salt
½ diced yellow onion
½ tsp. garlic
¼ tsp. oregano
2 Tbsp. coconut oil
8 sliced white button mushrooms.

Directions:

Turn on the oven to 375 degrees. While that is heating up you can use a knife to cut up the squash length wise to make the noodles. Place the cut side into a baking dish and add in a little

water.

Place the baking dish into the oven to bake for around 45 minutes to soften up the squash.

During the final 15 minutes of baking, bring out a saute pan on the stove. Add the oregano, garlic, salt, onions, liver, and lamb. Cook these ingredients for 5 minutes. Add in the mushrooms and cook until the lamb is done, which will take about 10 minutes. Set this aside.

As soon as the squash is done, take it out of the oven and let it cool for a minute. Turn it so the cut side is up and take the rind off to get spaghetti like noodles.

Spoon your lamb mixture on top of the spaghetti and then serve right away.



Chicken Alfredo

Ingredients:

- 2 tsp. olive oil
- 1 lb. chicken breasts, cubed
- 4 minced garlic cloves
- 1 pkg. kelp noodles
- 1 c. cashews
- 2 tsp. tarragon
- ½ tsp. onion powder
- ¼ tsp. mustard powder
- ¼ tsp. garlic powder
- ¼ tsp. salt
- 1/8 tsp. paprika
- ¼ tsp. black pepper

Directions:

Bring out a skillet and add in the olive oil to heat up. Once hot add the garlic and saute for 4 minutes. Add the chicken and let it cook so all sides can become brown.

Meanwhile, rinse and then chop up the kelp noodles before adding into the skillet with the tarragon. Cover and then simmer on a low setting for 30 minutes.

Once the cooking is done, pour out the liquid and put it into a container to use for the sauce.

Take out a blender and add the paprika, black pepper, salt, mustard powder, garlic powder, onion powder, and cashews. Blend until it is a powder and then add in the reserved liquid to make into a sauce. Add the juice to get the consistency that you like.

Add the sauce in the skillet with rest of the ingredients and mix together well. Cover the skillet and cook for another 10 minutes so the kelp noodles can become tender. Serve warm.



Shrimp Pasta

Ingredients:

1 tsp. salt
4 trimmed zucchini
4 Tbsp. olive oil
6 sliced white button mushrooms
2 minced garlic cloves
1 lb. peeled shrimp
1 c. cherry tomatoes
¼ tsp. cayenne
Pepper
Juice from half a lemon

Directions:

Use a vegetable peeler to peel the zucchini into noodle like ribbons. Place the zucchini strips into a mesh strainer over the sink. Sprinkle with some salt and then toss using tongs to get the salt all over the zucchini. Let these strips sit for 20 minutes. Drain and get rid of the excess liquid when done.

When the noodles are done, bring out a skillet and heat some olive oil on top. Add the garlic and mushrooms to the hot skillet and let them saute until mushrooms become soft, which take about 5 minutes.

While that is cooking toss the cayenne pepper and shrimp together and then add in with the mushrooms. Add the tomatoes and then saute the whole mixture for 2 minutes to get the shrimp to turn bright pink.

At this time add the lemon juice and zucchini and stir to heat up. Take the skillet from the heat and serve right away.

Spaghetti

Ingredients:

1 Tbsp. olive oil
2 crushed garlic cloves
1 lb. ground turkey
24 oz. kelp noodles
15 oz. marinara sauce

Directions:

Heat up a skillet on the stove and add in the oil. Add the garlic and meat next and cook until done. Add the noodles and marinara at this time, stir all together and then bring this to a simmer.

Let this simmer and heat up together until the kelp noodles are soft and heated through. Serve right away.

Spicy Pasta Dish

Ingredients:

1 spaghetti squash
1 Tbsp. coconut oil
½ c. almonds
1 tsp. ground chipotle
1/8 tsp. grated nutmeg
½ tsp. salt

Directions:

Turn on the oven and let it heat to 375 degrees. While that is warming up take the spaghetti

squash and cut in half going lengthwise. Place the cut side on to a baking dish and cover with some water. Place into the oven and let it bake for about 45 minutes so the squash can become soft.

While the squash is cooking, take the almonds and place into a pan. Cook so that they turn golden brown, making sure to stir the whole time.

Once the squash is done, take it out of the oven and allow it to cool for a few minutes. When done, turn it around and take the rind off using a fork. This will create your noodles.

Toss the strands of squash with the salt, nutmeg, chipotle, and coconut oil. Top with the toasted almonds and then serve.

Paleo Dinners



Pot Roast

Ingredients:

- 2 Tbsp. beef tallow
- 1 pot roast
- 3 quartered carrots
- 2 sliced yellow onions
- 2 celery stalks
- 1 bay leaf
- ½ tsp. black pepper
- 1 Tbsp. thyme
- Salt
- ½ tsp. oregano
- 3 c. water

Directions:

In a small bowl, mix the salt, oregano, thyme, and pepper together. Rub this mixture on roast on all sides.

Heat up a skillet on the stove and then when it is hot add in the beef tallow. Sear the roast on all sides before taking off the heat and setting to the side.

Wash and prepare the vegetables. In a crockpot you can place the water, bay leaf, vegetables, and roast. Let them cook on a high setting for 7 hours.

Serve warm.

Steak

Ingredients:

2 beef steaks
1 tsp. pepper
1 tsp. oregano, dried
1 tsp. minced garlic
2 Tbsp. coconut oil
½ tsp. salt

Directions:

Turn on the broiler to a high setting. While that is heating up, bring out a bowl and combine the oil, salt, garlic, pepper, and oregano.

Place the steak onto a broiler pan and then brush it on all sides using the oil mixture. Place the pan into the oven.

Broil on the top of the oven for about 7 minutes to get a medium rare steak. Take out of the oven and turn the steaks around. Put back into the oven and broil the other side for another 5 minutes.

When they are done, take out of the oven, cover with some foil, and let rest for a few minutes. Serve warm with some vegetables or other side.



Teriyaki Chicken

Ingredients:

1 Tbsp. coconut oil
¼ tsp. salt
1 lb. chicken breasts
¼ tsp. black pepper
1 diced yellow onion
Coconut aminos

1 diced red pepper
1 c. diced pineapple
3 romaine hearts

Directions:

Start by preparing all the vegetables. Take the chicken and cut into inch pieces and then season with the pepper and salt.

Heat up a skillet and then add in the coconut oil when it is hot. Add the chicken and the onions to the pan and cook for 5 minutes. At this time add in the coconut aminos and cook for an additional five minutes.

Add the peppers and pineapple and cook so the chicken is done and the vegetables become tender. Serve over the romaine hearts and enjoy.



Thai Wraps

Ingredients:

12 lettuce leaves
1 lb. chicken breasts
4 chopped cabbage leaves
1 shredded carrot
1 c. chopped broccoli
3 sliced green onions
Cilantro

Thai sauce

¼ c. water
¼ c. almond butter
2 Tbsp. coconut aminos
2 garlic cloves
2 Tbsp. lime juice

Directions:

Grill up the chicken until it is done to your liking. Dive into little cubes. Wash the lettuce leaves before spreading out onto a plate.

Fill the leaves with the cilantro, green onions, carrots, cabbage, broccoli and chicken. Mix together the ingredients for the sauce and then drizzle on to the wraps. Eat right away.



Louisiana Fillets

Ingredients:

2 Tbsp. coconut oil
2 white fish fillets
Juice from 1 lemon
1/8 tsp. red pepper, crushed
1/2 tsp. lemon pepper
Salt
Pepper
1/8 tsp. garlic powder.

Directions:

Turn on the oven to 350 degrees. Bring out a skillet and heat up the lemon juice and coconut oil on the stove. Coat up each side of the fillets and lay into the pan side by side, letting them overlap a little if needed.

Bring out a bowl to mix the spices before sprinkling a little bit on the fillets. Place the pan into the oven and let the fish bake until done, about 20 minutes.

Season with the pepper and salt before serving.

Shrimp Cakes

Ingredients:

1 lb. peeled shrimp
1 minced garlic clove
1 chopped yellow or red bell pepper
2 Tbsp. sliced green onions
1 Tbsp. lime juice
½ tsp. salt
1 Tbsp. raw honey
1 egg
¼ tsp. chipotle
3 Tbsp. coconut oil
½ c. almond flour
½ c. chopped cilantro

Directions:

Bring out a food processor and place the shrimp inside. Pulse the shrimp until it becomes finely chopped.

In a bowl combine the chopped shrimp with the cilantro, egg, chipotle, salt, honey, lime juice, scallions, garlic, and bell pepper. Form this mixture into patties and then dip into almond flour to coat all the way.

Heat up a tablespoon of oil in a skillet before adding four of the patties inside. Cook each for 5 minutes on each side so they become brown. Take off the skillet when done and place on a plate lined with paper towels. Repeat with the rest and then serve.

Lime and Chipotle Salmon

Ingredients:

1 Tbsp. olive oil
1 lb. salmon fillets
2 limes
½ tsp. ground chipotle
¼ tsp. salt

Directions:

Turn on the oven to 350 degrees. While that is heating up rinse off the salmon, pat it dry, and place onto a baking sheet.

Rub each of the fillet with the olive oil and then squeeze some lime juice onto each one. Sprinkle the chipotle and salt on top as well.

Place the baking sheet into the oven and cook the fish for 15 minutes or until done. Serve with your favorite side and enjoy.



Pork Tenderloin and Blueberries

Ingredients:

- 1 ¼ lb. pork tenderloins
- 2 tsp. grilling seasoning
- ½ tsp. pepper
- ½ tsp. salt
- ¾ lb. trimmed green beans
- 1 Tbsp. olive oil
- 1 ½ c. blueberries
- 1 diced onion
- ¼ c. apple cider vinegar
- ½ tsp. dried thyme
- 1 tsp. honey

Directions:

Turn on the oven to 400 degrees. While that is heating up rub the grilling seasoning and pepper onto the pork. Place the pork into a roasting pan and then let roast for 25 minutes.

When there is 10 minutes of cooking left, take the pan out of the oven and spread out the green beans by the pork. Drizzle the green beans with some oil and then put the pan back into the oven.

Heat the rest of the oil in a pan before adding the onion and cooking for 5 minutes. After that

time add the pepper, salt, thyme, honey, vinegar, and blueberries. Cook these ingredients for another 5 minutes in order to thicken.

Serve the finished pork with the green beans and the sauce on top and enjoy.

Danish Meatloaf

Ingredients

- ½ lb. ground pork
- 1 beaten egg
- ½ lb. ground turkey
- 4 Tbsp. almond flour
- ½ tsp. pepper
- 1 tsp. salt
- ¼ c. canned coconut milk
- 1 Tbsp. coconut oil
- 5 white button mushrooms, sliced
- 1 diced onion
- 3 bacon slices

Directions:

Turn on the oven to 400 degrees While that is heating up bring out a pan and add the coconut oil. When this is hot add the mushrooms and onion and saute so it becomes browned and soft.

While those cook, mix together the pepper, salt, coconut milk, egg, and ground meat in a bowl. Combine the cooked onions and mushrooms with the meat loaf mixture. Shape into a loaf and place into a baking pan. Add the bacon strips over the top and put into the oven.

Bake for 60 minutes or until done. Serve warm with your favorite sides.



Lamb and Coconut Rice

Ingredients:

1 lb. cubed lamb fillet
1 Tbsp. coconut oil
½ diced yellow onion
4 diced tomatoes
1 sliced carrot
2 sliced zucchini
1 can coconut milk
Salt
Pepper
3 Tbsp. chopped cilantro

Directions:

Cube up the lamb and prepare all of the vegetables. Melt the coconut oil in a pan and let it all heat up. When this is done, add the carrots and the onions. Cook until the onions turn translucent.

Add the coconut milk, tomatoes, and lamb. Let this simmer for 30 minutes until cooked through.

While that is cooking you can work on the cauliflower rice. Add the zucchini to the pot and simmer for another 10 minutes. Season with pepper and salt.

Serve this dish over the rice and enjoy.

Paleo Desserts

Coconut and Banana Ice Cream

Ingredients:

2 scoops coconut ice cream
2 bananas
½ tsp. cinnamon

Directions

Turn on the oven to 250 degrees. Put the bananas into a baking dish and bake them in the heated oven for 25 minutes to make them soft.

Squeeze the soft bananas onto a plate and top with some coconut ice cream. Top with some cinnamon and enjoy.



Carrot Cake

Ingredients:

6 separated eggs
½ c. honey
1 Tbsp. orange zest
1 ½ c. cooked carrots, pureed
1 Tbsp. orange juice
Coconut oil
3 c. almond flour

Directions:

Turn on the oven and let it heat to 325 degrees. While the oven is heating up beat the honey and egg yolks together in a bowl. Add in the almond flour, orange juice, orange zest, and carrot puree.

In another bowl beat the egg whites so they become stiff. Fold this gently in with the rest of the batter. Pour the prepared batter into a springform pan and place into the oven.

Bake the cake for 50 minutes or until it is done. Take out of the oven and let it cool in the pan for about 15 minutes. Invert it out of the pan and give it time to cool completely before serving.

Candy Bars

Ingredients:

3 Tbsp. coconut oil
½ c. ground nuts
¼ c. cocoa powder
¾ c. shredded coconut, unsweetened
Parchment paper
1 Tbsp. honey

Directions:

Melt the coconut oil and honey in a pan over some low heat. Once these are completely melted take the pan from the heat. Add in the cocoa powder, coconut, and ground nuts at this time and mix together.

Pour this mixture on a baking sheet that is lined with parchment paper. Form the mixture into a square shape once it becomes cool enough for you to touch.

Put into the fridge or freezer so that it can harden and then serve.



Watermelon Freeze

Ingredients:

4 c. cubed and seeded watermelon
3 mint leaves
2 c. cubed cantaloupe
1 c. water
Juice from 1 lemon

Directions:

Take out a food processor and puree the cantaloupe and watermelon until they are smooth. Put them into a saucepan and then bring to simmer. Cook for about 15 minutes.

In another pan, steep the mint leaves with a cup of boiling water for 3 minutes. After that time strain out the mint leaves and then add this infused water to the cooked melons. Take the heat off and stir the lemon juice in.

Line a muffin tin with some paper liners and pour the puree into each of them. Place into freezer to set. Serve once frozen.



Berry Muffins

Ingredients:

1 c almond flour
½ c. tapioca flour
½ c. coconut flour
2 tsp. baking soda
1 Tbsp. cinnamon
1 tsp. salt
1 Tbsp. allspice
1 c. pitted dates

3 eggs
3 bananas
1 tsp. apple cider vinegar
½ bag berries
¼ c. coconut oil
¾ c. grated zucchini
¾ c. chopped almonds

Directions:

Turn on the oven to 350 degrees. While that heats up bring out a bowl and combine the allspice, cinnamon, salt, baking soda, tapioca flour, coconut flour, and almond flour.

Using a food processor, combine the oil, vinegar, eggs, bananas, and dates. Move this mixture to a bowl and blend until combined.

Grate the zucchini and then fold it along with the almonds and berries in with the batter. Spoon this mixture into muffin tins lined with paper.

Bake in the oven for 20 minutes and then enjoy.



Tapioca Crepes

Ingredients:

1 egg
1 c. canned coconut milk
1 c. tapioca flour
Salt
Topping of choice

Directions:

Combine all of your ingredients into a bowl, making sure to mix well. Heat up a skillet on the stove.

When that is hot, pour 1/3 a cup of the mixture into the skillet. Tilt the skillet around to spread out the batter and then cook each side for 3 minutes so it becomes lightly browned.

When done, top with the ingredients you like. You can serve this either warm or cold.



Apple Crisp

Ingredients:

- 2 c. chopped nuts
- ¼ c. coconut oil
- ¼ c. coconut flakes
- 2 Tbsp. coconut butter
- 2 tsp. vanilla
- 1 tsp. salt
- ½ c. honey
- 2 Tbsp. lemon juice
- 6 prepared Granny Smith apples
- 2 tsp. cinnamon
- ½ c. ghee
- ½ c. coconut sugar
- ¼ tsp. allspice
- ¼ tsp. nutmeg

Directions:

Turn on the oven to 300 degrees. Place the coconut flakes and nuts into a food processor and pulse so they become finely chopped. Set these aside.

Bring out a small saucepan and heat the honey, vanilla, coconut butter, and coconut oil so they can melt. Pour this on top of the coconut and nut mixture and stir to get it mixed. Place this mixture onto a baking sheet and then into the oven for 20 minutes.

When this is done, take it out of the oven and sprinkle on some salt.

Take out a bowl and combine the ghee, coconut sugar, allspice, nutmeg, cinnamon, lemon juice, and apples. Make sure the apples are well coated.

Increase the temperature of the oven to 350 degrees. Place the apple mixture into a baking dish and then into the oven to bake for 45 minutes.

Take the apple mixture out of the oven and add the coconut mixture and the nuts. Stir using a wooded spoon and then place back into the oven for an additional 15 minutes.

After this time take out of the oven and allow to cool for about 10 minutes before serving.

Pumpkin Pie Bars

Ingredients:

1 can pureed pumpkin
½ c. maple syrup
¼ c. coconut milk
1 tsp. vanilla
½ c. coconut flour
1 Tbsp. spice, pumpkin pie
2 eggs
1 tsp. cinnamon
½ tsp. cream of tartar
¼ tsp. baking soda

Directions:

Turn on the oven to 350 degrees. Grease a baking dish with some coconut oil.

In a bowl mix together the cream of tartar, baking soda, cinnamon, pumpkin pie spice, and coconut flour.

In another bowl, mix together the eggs, vanilla, sweetener, milk, and pumpkin. Add in the dry ingredients and then mix in order to combine,

Pour this mixture into the prepared baking dish and level off to be even. Place into the oven and bake for 45 minutes so that the top becomes a little brown.

Take out of the oven and give it time to cool down before slicing up and serving with some paleo whipped cream. Enjoy!



Almond Macaroons

Ingredients:

1 ¼ c. ground almonds
1 Tbsp. lemon zest
1/8 tsp. cinnamon
2 beaten egg whites
1 Tsp. lemon juice
¼ c. honey

Directions:

Turn on the oven to 250 degrees. While that is heating up grind up the almonds and then set aside.

Bring out a bowl and mix the lemon zest and cinnamon. Beat your egg whites before adding to the mixture along with the lemon juice and honey. Stir until well blended. Add the almond mixture and blend some more.

Bring out a baking sheet and line it with some parchment paper. Scoop little portions of the batter on the baking sheet and then place into the oven. Bake for 30 minutes.

Serve while still warm.



Chocolate Chip Cookies

Ingredients:

½ c. melted coconut oil
3 c. almond flour
½ c. honey
2 eggs
1 tsp. salt
1 tsp. baking soda
1 ½ c. chocolate chips
1 tsp. vanilla

Directions:

Turn on the oven to 375 degrees. While that is heating up, line some parchment paper to a baking sheet.

Bring out a bowl and combine all of the dry ingredients. Set this aside. In another bowl beat the vanilla with the honey and eggs. Pour these into the dry ingredients and beat until they are combined

Add in the coconut oil and blend some more. Stir the chocolate chips in last. When the dough is done, drop little balls of the cookie dough onto the baking sheet.

Bake the cookies for about 10 minutes and enjoy!